ZEN mental

International Zen Mental Training Association

The Art of Listening

- Part 1 -

Some call it Empathic Listening, we call it Zen Listening.

A Listening approach that uses Zen Principles.

In this first introductory workshop, we will seek the true nature of LISTENING, and learn to acquire the core mindset that prepares you to LISTEN…with a *Silent Heart*.

Please join us for this very first ONE-OF-A-KIND session in Los Angeles, California led by Kimmy Akano.

1:00PM - 3:00PM
Registration: 12:30PM

SATURDAY JANUARY 20th

NEW GARDENA HOTEL
1641 W. Redondo Beach Blvd.
Gardena, CA 90247

TICKETS: $30
SEATS ARE LIMITED
REGISTER IN ADVANCE

Zen Mental Training Coach - *Kimiaki Akano*

Kimmy, as he likes to be called in the U.S, has been coaching **Zen Mental Training** to professional athletes, such as golfers, and business professionals in Japan. Zen Mental Training is a method that incorporates the old principles of Zen with the modern science of the west.

Through 10,000 plus hours of one-on-one coaching experience, Kimmy has accumulated multiple seminar programs to help more people reset their minds and "break through their walls."

He has written a book on the topic and also writes a weekly column for *Golf Digest* magazine in Japan.

禅 ZEN